



City of Lake Forest Senior Scene

www.lakeforestca.gov/seniors/

AGE WELL SENIOR SERVICES ANNOUNCES EMERGENCY FUNDS AVAILABLE TO SENIORS

SCAN has donated \$15,000
to Age Well Senior Services to assist seniors
in financial hardship.

The donation can be used
for medications and utilities
with a yearly limit of \$500 per person.

Wells Fargo donated \$5,000
to help seniors who have problems
with their mortgage, rent,
or to help them stay in their home.

**For additional information and eligibility,
contact Age Well Senior Services at
(949) 855-8033.**

Jul / Aug / Sep 11

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Happening?

SENIOR SCENE CLUBHOUSE HOURS

Monday thru Thursday
10:00 AM – 2:00 PM

HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day. Registrations will only be taken at the times and dates listed.

Thank you in advance for your cooperation. Reservations are not required for seminars.

MINI EXCURSION REGISTRATION

July

Lake Forest Residents:
Wed, July 6, 12 noon

Non-Residents:
Thurs, July 7

August

Lake Forest Residents:
Wed, August 3, 12 noon

Non-Residents:
Thurs, August 4

September

Lake Forest Residents:
Wed, Sept 7, 12 noon

Non-Residents:
Thurs, Sept 8

JULY MINI EXCURSIONS

Big Shot's Billiards • Lake Forest

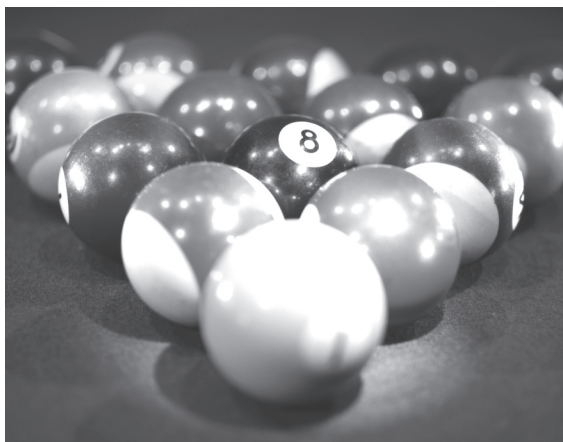
Tuesday, July 12

11:30 AM-2:00 PM

Fee: \$7.50 per person (includes lunch & billiards)

Rack em up! Enjoy lunch (2 slices of pepperoni pizza, side salad, and beverage) and unlimited pool. If you've never played or it's been awhile since you've played, either way

you'll have fun. Staff can show you some pointers (maybe not so much)!



**Whitaker-Jaynes
Estate & Bacon House
Museums • Buena Park**
Wednesday, July 20
10:00 AM-12:30 PM
Fee: Free

A docent will provide a brochure of the houses where you will tour these historical landmarks

on your own. The Whitaker-Jaynes house was built in 1887 coinciding with the history and development of Buena Park. The Bacon House was built about 1884 by a squatter in a remote area of Abel Stearn's Rancho Los Coyotes. Both houses were moved in 1994 to become the cornerstones of the newly established Historical District. **Note: Considerable walking.**

AUGUST MINI EXCURSIONS

**Lunch at Cook's Corner •
Trabuco Canyon
Wednesday, August 10
11:00 AM-1:30 PM
Fee: Pay for your lunch
(approx. \$10)**



The infamous Cook's Corner was built in 1884, and in 1926 a cabin was made into a restaurant for miners and local ranchers. In 1946, EJ Cook bought an old mess hall from the Santa Ana Army Air Base and the tavern was born. Enjoy a tasty lunch from the menu (burgers, sandwiches, tacos, burritos, salads, and appetizers) or bring your lunch.

**Shop and Dine •
Lake Forest
Tuesday, August 23
10:00 AM-1:30 PM
Fee: Free**

First stop...Walmart!
Second stop...99 Cent store!
Now that you've worked up an appetite, your "third stop" is the food court at the Foothill Ranch Towne Center. Lunch is on your own or bring a lunch!

SEPTEMBER MINI EXCURSIONS

**OC Sheriff's Dept.
Harbor Patrol Tour •
Newport Beach
Wednesday, September 14
10:00 AM-2:00 PM
Fee: Free**

Back by popular demand! Learn the daily routine of patrolling Newport Beach Harbor (now that's the type of job to have). You'll board a harbor patrol boat and if weather permits, cruise the Harbor. **Note: Rubber-soled shoes required.**

**BBQ at Etnies
Skatepark of Lake
Forest • Lake Forest
Wednesday,
September 28
11:00 AM-2:00 PM
Fee: Free**



We are so proud of our skatepark expansion (approx. 13,000 square feet) making it one of the largest in the nation...all 60,000 square feet of it! Skatepark staff will BBQ hot dogs, play some games, and have a good old time! If you're skateboarding, don't forget your pads and helmet!

SEMINARS

Jul/Aug/Sep 2011

4

Senior Scene

July

Gout Symptoms and Treatment

**Thurs, July 21
11:15 AM**

What causes Gout? Gout can affect anyone...signs and symptoms of Gout are almost always acute, occurring suddenly, often at night, and without warning.

Join Dr. Wass as he discusses symptoms and treatments.

August

Keeping Yourself Safe

**Thurs, August 18
11:15 AM**

Learn how to be "proactive" and not "reactive" as Deputy Richard Nelson shares tips to keep you, your identity, and your home safe.

Come with lots of questions...Deputy Nelson will have the answers!

September

Ask the Pharmacist

**Thurs, September 22
11:15 AM**

Ask the Pharmacist (from the newly opened Walgreens in Foothill Ranch) questions about new medications that you've read or heard about, over-the-counter medicines (are some better than others?), and generic prescriptions... some say there's no difference?

CRAFTY CRAFTERS

Due to the popularity of this program, you must register downstairs for all craft classes or by calling 461-3408. Crafts may change due to availability of supplies.

WE CARE CARDS

Thanks to you and your efforts we have a phenomenal surplus of greeting cards and messages for our armed forces and Veterans Hospital.

INSPIRATIONAL BLOCK

Tuesday, July 19 • 10:30 AM

Let's just say for the record, this will be an awesome craft! We'll provide the wooden block and you will provide the words (Love, Laugh, Live! If I were making a block for my son...I would choose the word Think...)

CREATE YOUR OWN CARDS

Monday, August 8 • 11:00 AM-12:30 PM

Staff will set up all the materials and die cuts for you to make your own birthday, thank you, or blank greeting cards. It's really nice to have cards on hand...especially ones that you've created!

ZEN GARDEN

Tuesday, August 16 • 10:30 AM

We'll supply the sand, tray, rocks, and a raking tool...then you will create your own Zen Garden for your table. Meditation not required!

TREASURE BOX

Tuesday, September 20 • 10:30 AM

We always need a box to place our thingies: clips, stamps, jewelry, or anything else. We'll supply the box and materials...you supply your thingies.

CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! You'll enjoy a variety of activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. This is a great place to meet new friends! No need to make a

reservation for this great drop-in program. Join us for Bingo and a free hot lunch every Thursday!

The Clubhouse is open Monday through Thursday each week from 10 AM-2 PM.

DISCOVER THE EXCITEMENT!

"WII" BOWLING LEAGUE

Every Monday • 12:30 PM

Community Room A

Drop by and play a game of "Wii" Bowling. Come on try it. If you are not familiar with Wii Bowling, it's all done in front of a TV! *Not offered on Bingo Mania days.*

KNOTTY KNITTERS

Every Wednesday

10:00 AM-12:00 PM

Community Room A

An informal group aka Knotty Knitters gets together on Wednesdays with their projects...they knit a little and laugh a lot!

BAGELS & BINGO

10:30 AM

Tue, July 5

Tue, August 2

Tue, September 6

CHAT WITH PAT

11:30 AM-12:30 PM

Wed, July 6

Wed, August 3

Wed, September 7

Are you new to the area? Looking for a doctor who specializes in senior issues? If so, Pat Huckabay (Monarch HealthCare) will discuss the options available to you.

BOCCE BALL GAMES

10:30 AM

Mon, July 11

Tue, August 9

Tue, September 13

BINGO MANIA

11:00 AM

Mon, July 18

Mon, August 15

Mon, September 19

SCRABBLE GAMES

10:30 AM

Wed, July 20

Wed, August 17

Wed, September 21

RUMMIKUB TOURNAMENT

10:30 AM

Tue, July 26

Tue, August 30

Tue, September 27

Have you played Rummikub before? It's very similar to Gin Rummy. But instead of using a deck of cards you play with tiles! If you don't know how to play, we'll show you!

BIRTHDAY CELEBRATIONS

11:30 AM

Thu, July 28

Thu, August 25

Thu, September 29

MAHJONG MONDAYS

AND WEDNESDAYS

10:30 AM-2:00 PM

Every Monday and Wednesday

COUPON SWAP

Drop off your coupons and pick some up when the clubhouse is open.

DROP-IN COMPUTER LAB

Mon-Thu • 10:00 AM-2:00 PM

Throughout the year the Computer Lab (Training Room) is used for in-house training or computer classes, so availability may be limited at certain times.

Don't Miss Out!

VACCINATION CLINIC

Thursday, September 22

10:00 AM-2:00 PM

The City of Lake Forest and Walgreens are partnering together to offer free flu and pneumonia vaccinations to Medicare recipients. Non-recipients' fees: Flu – \$29.99 and Pneumonia – \$71.99.

LEGEND

CH
City Hall
25550 Commercentre Dr.
949.461.3400

CC
Community Center
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Room B

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Activities Room

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Lounge

ETL
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LFGPC
Lake Forest Golf &
Practice Center
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FL
Forest Lanes
22771 Centre Drive
949.770.0055

SDCCC
Santiago de
Compostela
Community Center
21682 Lake Forest Dr.
949.951.8599

S&S Club
Sun & Sail Club
24752 Toledo Way
949.586.0860

IVC
Irvine Valley College
23308 Cherry Ave.
949.451.5555

SUN

MON

TUE



JULY

<p>3</p>	<p>4</p> <p>INDEPENDENCE DAY</p> <p>10:00 AM 4TH OF JULY PARADE (begins at El Toro High School)</p> <p>CITY HALL AND CLUBHOUSE CLOSED</p>	<p>5</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>10</p>	<p>11</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 10:30 AM Bocce Ball 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-A) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>12</p> <p>10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Mini Excursion – Big Shot's Billiards 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>17</p>	<p>18</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>19</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Inspirational Block (CC-AR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B)</p> <p>Cold Box Lunch</p>
<p>24</p> <p>5:30 PM Concert Series at Pittsford Park – Wanted and Kina Grannis</p> <p>31</p>	<p>25</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-A) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>26</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B)</p> <p>Cold Box Lunch</p>

WED

THU

FRI / SAT

FRI 1
1:00 PM Bowling League (FL)

SAT 2

6
9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Knotty Knitters (CC-A)
10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Mahjong (CC-A)
10:30 AM Tai Chi Ch'uan – Advanced (CC-B)
11:30 AM Chat with Pat (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)

12:00 PM Mini Excursion Registration (CC-A)
1:00 PM Yoga (CC-B)

Cold Box Lunch

7
10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)
2:00 PM Aquatic Fitness (LFBTC)

Chicken Sandwich

FRI 8
1:00 PM Bowling League (FL)

City Hall Closed

SAT 9

13
9:00 AM Tai Chi Ch'uan (CC-B)
10:00 AM Knotty Knitters (CC-A)
10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Mahjong (CC-A)
10:30 AM Tai Chi Ch'uan – Advanced (CC-B)
11:00 AM Movie Day – Little Fockers (CC-L)
11:30 AM Cold Box Lunch Program (CC-A)

1:00 PM Yoga (CC-B)

Cold Box Lunch

14
10:00 AM Book Discussion – The Great Gatsby (CC-El Toro Room)
10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)

12:00 PM Lunch (CC-A&B)
2:00 PM Aquatic Fitness (LFBTC)

Mexican Madness

FRI 15
8:30 AM AARP Driver Safety “Refresher” Course

1:00 PM Bowling League (FL)

SAT 16

20
10:00 AM Mini Excursion –Whitaker-Jaynes Estate & Bacon House
10:00 AM Knotty Knitters (CC-A)
10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Scrabble (CC-A)
10:30 AM Mahjong (CC-A)
11:00 AM Movie Day – The King’s Speech (CC-L)
11:30 AM Cold Box Lunch Program (CC-A)
1:00 PM Yoga (CC-B)

Cold Box Lunch

21
10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Bingo (CC-A&B)
11:15 AM Seminar – Gout Symptoms and Treatment (CC-A&B)

12:00 PM Lunch (CC-A&B)

Chinese Feast

FRI 22
1:00 PM Bowling League (FL)
2:00 PM Excursion – Griffith Observatory

City Hall Closed

SAT 23

27
10:00 AM Knotty Knitters (CC-A)
10:00 AM Drop-In Computer Lab (CC-TR)
10:30 AM Mahjong (CC-A)
11:30 AM Cold Box Lunch Program (CC-A)

1:00 PM Yoga (CC-B)

Cold Box Lunch

28
10:00 AM Drop-In Computer Lab (CC-TR)
11:30 AM Birthday Celebration (CC-A&B)

12:00 PM Lunch (CC-A&B)

Deli Day

FRI 29
1:00 PM Bowling League (FL)

SAT 30

Jul/Aug/Sep 2011

7

Senior Scene

LEGEND

CH
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25550 Commercentre Dr.
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CC
Community Center
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CC-A
Community Center
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FL
Forest Lanes
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SDCCC
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S&S Club
Sun & Sail Club
24752 Toledo Way
949.586.0860

IVC
Irvine Valley College
23308 Cherry Ave.
949.451.5555

SUN	MON	TUE
	<p>1</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM “Wii” Bowling League (CC-A) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>2</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B)</p> <p>Cold Box Lunch</p>
<p>7</p> <p>3:00 PM Blues and BBQ at the Nature Park</p>	<p>8</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Crafts – Create Your Own Cards (CC-AR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM “Wii” Bowling League (CC-A) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>9</p> <p>10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bocce Ball 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Coke Floats 12:30 PM Dyna Band (CC-B)</p> <p>Cold Box Lunch</p>
<p>14</p> <p>7:00 PM Concert Series at Pittsford Park – Pacific Symphony</p>	<p>15</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>16</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Zen Garden (CC-L) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>
<p>21</p>	<p>22</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM “Wii” Bowling League (CC-A) 1:00 PM Advanced Creative Writing (ETL)</p> <p>Cold Box Lunch</p>	<p>23</p> <p>10:00 AM Mini Excursion – Shop and Dine Lake Forest 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>
<p>28</p>	<p>29</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM “Wii” Bowling League (CC-A)</p> <p>Cold Box Lunch</p>	<p>30</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>

WED	THU	FRI / SAT
<div>3</div> <div> 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Chat with Pat (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga (CC-B) </div> <div>Cold Box Lunch</div>	<div>4</div> <div> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Emeritus Class Enrollment (CC-AR) 12:00 PM Lunch (CC-A&B) </div> <div>Chicken Caesar Salad</div>	<div>5</div> <div> FRI 1:00 PM Bowling League (FL) 4:00 PM Happy Trails Western BBQ Dinner Dance (reservations required) City Hall Closed </div> <div>SAT6</div>
<div>10</div> <div> 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Mini Excursion – Lunch at Cook’s Corner 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B) </div> <div>Cold Box Lunch</div>	<div>11</div> <div> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) </div> <div>Hamburger Day</div>	<div>12</div> <div> FRI 1:00 PM Bowling League (FL) </div> <div>SAT13</div>
<div>17</div> <div> 9:00 AM Excursion – Viejas Casino 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Scrabble (CC-A) 10:30 AM Mahjong (CC-A) 11:00 AM Movie Day – How Do You Know (CC-L) 11:30 AM Cold Box Lunch Program (CC-A) </div> <div>Cold Box Lunch</div>	<div>18</div> <div> 10:00 AM Book Discussion – Her Mother’s Hope (CC-El Toro Room) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Keeping Yourself Safe (CC-A&B) 12:00 PM Lunch (CC-A&B) </div> <div>Chinese Feast</div>	<div>19</div> <div> FRI 1:00 PM Bowling League (FL) City Hall Closed </div> <div>SAT20</div>
<div>24</div> <div> 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B) </div> <div>Cold Box Lunch</div>	<div>25</div> <div> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) </div> <div>Italian Day</div>	<div>26</div> <div> FRI 1:00 PM Bowling League (FL) 7:00 PM Bunco or Bust (CC) </div> <div>SAT27</div>
<div>31</div> <div> 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Movie Day – The Next Three Days (CC-L) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B) </div> <div>Cold Box Lunch</div>	<div>AUGUST</div>	

LEGEND

SUN

MON

TUE

CH
City Hall
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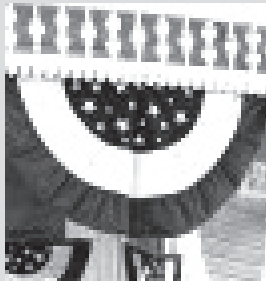

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SEPTEMBER

<p>4</p>	<p>4</p> <p>LABOR DAY (Observed)</p> <p>CITY HALL AND CLUBHOUSE CLOSED</p> 	<p>6</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A)</p> <p>11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>11</p> <p>GRAND PARENTS DAY</p> 	<p>12</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-A)</p> <p>Cold Box Lunch</p>	<p>13</p> <p>10:00 AM HiCap Appointments 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bocce Ball 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Ice Cream Sundaes 12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>18</p>	<p>19</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>Cold Box Lunch</p>	<p>20</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Treasure Box (CC-AR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>25</p>	<p>26</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM "Wii" Bowling League (CC-A)</p> <p>Cold Box Lunch</p>	<p>27</p> <p>10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:30 PM Dyna Band (CC-B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>

WED	THU	FRI / SAT
	1 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Watermelon Eating Contest (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Hot Diggity Dogs	FRI 2 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 3
7 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan – Advanced (CC-B) 11:30 AM Chat with Pat (CC-A) 11:30 AM Social Networking Series (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga (CC-B) Cold Box Lunch	8 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Italian Day	FRI 9 1:00 PM Bowling League (FL) <hr/> SAT 10
14 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – OC Sheriff's Dept. Harbor Patrol Tour 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan – Advanced (CC-B) 11:00 AM Movie Day – Country Strong (CC-L) 11:30 AM Cold Box Lunch Program (CC-A) 11:30 AM Social Networking Series (CC-TR) 1:00 PM Yoga (CC-B) Cold Box Lunch	15 10:00 AM Book Discussion – The Devil in the White City (CC-El Toro Room) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Deli Day	FRI 16 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 17
21 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Scrabble (CC-A) 10:30 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan – Advanced (CC-B) 11:00 AM Movie Day – True Grit (CC-L) 11:30 AM Social Networking Series (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga (CC-B) Cold Box Lunch	22 10:00 AM Vaccination Clinic (CC-AR) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Ask the Pharmacist (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chinese Feast	FRI 23 FIRST DAY OF AUTUMN 8:30 AM AARP Driver Safety "Standard" Course 1:00 PM Bowling League (FL) <hr/> SAT 24 8:30 AM AARP Driver Safety "Standard" Course
28 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Knotty Knitters (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan – Advanced (CC-B) 11:00 AM Mini Excursion – BBQ at Etnies Skatepark of Lake Forest 11:30 AM Social Networking Series (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 12:30 PM Ice Cream Sundaes 1:00 PM Yoga (CC-B) Cold Box Lunch	29 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Pizza Day	FRI 30 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT OCT 1

GOOD STUFF COMING YOUR WAY

For further information call 461-3450 or visit the City's website at www.lakeforestca.gov.

HOT! HOT! HOT!

During the summer months (June through September) the Senior Scene Clubhouse will remain open until 4:00 PM on days of extreme heat (over 90 degrees).



Reminder...stay hydrated at all times!

HAPPY TRAILS WESTERN BBQ DINNER DANCE

Friday, August 5

4:00-7:00 PM

Fee: \$7.00 per person

Hey y'all, it's boot-scootin' boogie time! Dress in your cowboy/cowgirl attire (Roy Rogers, Dale Evans, Tonto, or Trigger) and dance to Mr. DJ himself: Doug Houston! We'll serve us some tasty grub and have a knee-slappin' time.

AARP DRIVER SAFETY "REFRESHER" COURSE

Friday, July 15

8:30 AM-1:00 PM

\$12.00 AARP Members; \$14.00 Non-Members

The "refresher course" is for individuals who have taken the course within the last four years.

AARP DRIVER SAFETY "STANDARD" COURSE

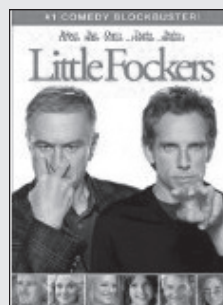
Friday/Saturday, September 23 & 24

8:30 AM-12:30 PM

\$12.00 AARP Members • \$14.00 Non-Members

If you have not taken the standard (2 days, 4 hours per class session), this is the class for you.

July



Little Fockers (PG-13) • July 13

Money is tight for the proud parents of twins, so Greg (Ben Stiller) takes a second job that raises the suspicions of his overbearing father-in-law, Jack (Robert De Niro).

A birthday party for the twins gives Greg an opportunity to prove to Jack that he's fully capable of providing for his family and is trustworthy.

Can Jack continue to trust Greg and stay in the circle of trust?

If you liked *Meet the Parents* and *Meet the Fockers*...you will love *Little Fockers*.



The King's Speech (PG-13) • July 20

After the death of his father King George V and the scandalous abdication of King Edward VIII, Bertie (Colin Firth), who has suffered from a debilitating speech impediment all his life, is suddenly crowned King George VI of England. With his country on the brink of war and in desperate need of a leader, his wife, Elizabeth, arranges for her husband to see an eccentric speech therapist, Lionel Logue (Geoffrey Rush). After a rough start, the two delve into an unorthodox course of treatment and eventually form an unbreakable bond.

MOVIE DAYS

Wednesdays • 11:00 AM • Lounge

August



How Do You Know

(PG-13) • August 17

Lisa (Reese Witherspoon) begins dating Matty (Owen Wilson), a Major League Baseball pitcher and notorious womanizer.

Meanwhile, terminally honest businessman George (Paul Rudd) finds himself on the road to financial ruin after being wrongly implicated in a financial crime.

As George struggles to clear his name and reconcile his turbulent relationship with his father (Jack Nicholson), a chance meeting with Lisa at the lowest point in both of their lives leaves him optimistic that things may work out after all.



The Next Three Days

(PG-13) • August 31

John (Russell Crowe) and his wife, Lara, were happily married and raising a family when their lives fell apart when Lara is charged with murder.

John files appeals while raising the children and maintaining his career. After Lara's final appeal is rejected, John seeks the advice of ex-convict Damon Pennington (Liam Neeson), who staged his own daring prison escape. Later, John prepares to put his life on the line for the woman he loves, and sets his plan into motion with the knowledge that one false move could be their last.

September

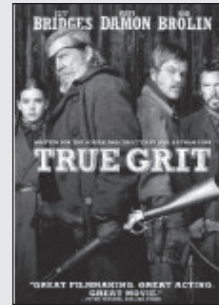


Country Strong

(PG-13) • Sept 14

Soon after a rising young singer-songwriter (Garrett Hedlund) gets involved with a fallen, emotionally unstable country star (Gwyneth Paltrow), the pair embarks on a career resurrection tour helmed by her husband/manager (Tim McGraw) and featuring a beauty queen-turned-singer (Leighton Meester).

Between concerts, romantic entanglements and old demons threaten to derail them all.



True Grit

(PG-13) • Sept 21

The murder of her father sends a teenage tomboy, Mattie Ross, on a mission of "justice," which involves avenging her father's death. She recruits a tough old, trigger-happy, drunken U.S. Marshal, "Rooster" Cogburn (Jeff Bridges), because he has "grit," and a reputation of getting the job done.

The two are joined by a Texas Ranger, La Boeuf, (Matt Damon), who is looking for the same man for a separate murder in Texas. Their odyssey takes them from Fort Smith, Arkansas, deep into the Indian Territory to find their man.

SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.00 suggested donation per meal is requested. Lunches are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.



NEED TO KNOW NUMBERS!

AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	855-8033
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

TRANSPORTATION

The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

- Reservations and cancellations – call 855-9766 at least 24 hours in advance.
- Costs are 50 cents per trip.

For additional transportation, contact OCTA ACCESS.

- Call ACCESS (an OCTA service) at 1-877-628-2232 at least 24 hours in advance.
- OCTA has a formal certification process that follows ADA guidelines. To request an application, please **call the ACCESS Eligibility Office at 714-560-5956** or download the application from the OCTA website: **www.octa.net/access_service**

HiCAP APPOINTMENTS

Call 461-3408 for appointments. Second Tuesday of each month.

CELL PHONES FOR LIFE

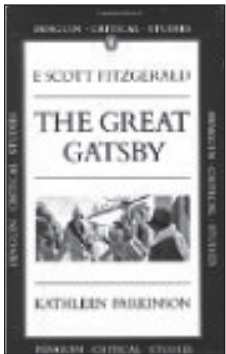
FREE emergency cell phones for elderly and disabled individuals. The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday from 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Dr., Second Floor.

L.F. READING CIRCLE

Thursdays • 10:00 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

July

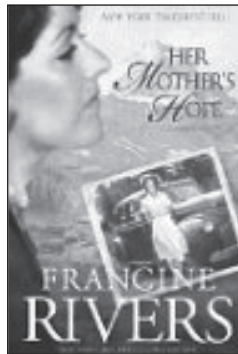


July 14

The Great Gatsby by F. Scott Fitzgerald

This novel chronicles an era that Fitzgerald himself dubbed the "Jazz Age." Following the shock and chaos of World War I, American society enjoyed unprecedented levels of prosperity during the "roaring" 1920s as the economy soared. At the same time, Prohibition, the ban on the sale and manufacture of alcohol, made millionaires out of bootleggers and led to an increase in organized crime. Although Fitzgerald, like Nick Carraway in his novel, idolized the riches and glamour of the age, he was uncomfortable with the unrestrained materialism and the lack of morality that went with it.

August



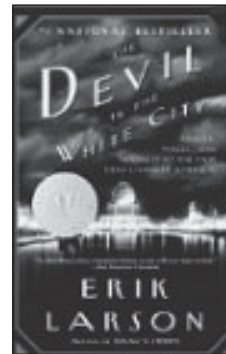
August 18

Her Mother's Hope by Francine Rivers

In her father's eyes, Marta is the unfavored daughter. She's too tall, her hair is dark, and her intelligence just makes her older brother look bad.

Near the turn of the 20th century her determination to flee the bad situation, spurred on by her ambition and her mother's blessing, starts her on a lifelong journey from her homeland of Switzerland to Canada and later to Central Valley of California, encompassing two world wars. Marta's experiences convince her that only the strong survive.

September



September 15

The Devil in the White City by Erik Larson

The story's two most powerful figures, the great architect Daniel Burnham and the psychopathic killer, Henry H. Holmes, in many ways embody the opposing forces of the age.

The Devil in the White City is about more than just these two men.

It is about America on the threshold of the twentieth century – a time of widespread violence, fantastic wealth, growing labor unrest, and financial panic.



City of Lake Forest Senior Scene
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Lake Forest, CA 92630
949-461-3408

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WHAT'S BEEN HAPPENING?



**Pechanga Casino
Excursion –
“W” for Winners**



**Peace, Love, and Happiness
Quarterly Dinner**



**Volunteer
Recognition
Luncheon**

**City Manager Robert Dunek,
2010 Volunteer of the Year
Myron Drinkwater,
and Mayor Peter Herzog**